



Depression and Bipolar
Support Alliance

Depression and Bipolar Support Alliance launching DBSA Peer Leadership Center

Humana Foundation Grant Supports Advance of Emerging Workforce

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FOR IMMEDIATE RELEASE

August 2015, Chicago, IL—The Depression and Bipolar Support Alliance (DBSA) has begun work on the new DBSA Peer Leadership Center—an online educational, employment, and networking resource for the emerging profession of peer specialists—thanks to a \$300,000 grant made by the Humana Foundation, based in Louisville, KY.

The DBSA Peer Leadership Center was conceived as an easily accessible, impartial suite of online resources that educate, connect, and create opportunities for peer specialists — individuals with personal lived experience of a mental health condition who receive specialized training and supervision to guide and support others currently experiencing similar mental health issues. The DBSA Peer Leadership Center will provide peer specialists with opportunities for training, networking, continuing education, and job searches. Moreover, resources being collected and promoted in a single online hub will allow the DBSA Peer Leadership Center to capture the national footprint of the field, promote this emerging part of the mental health workforce, and advance the availability and quality of peer support services within the spectrum of mental health care services.

DBSA President, Allen Doederlein, said of the Peer Leadership Center's launch, "DBSA was built upon the strong foundation of peer support, and it's been our honor to take an active role in the training and promotion of peer specialists in mental health and addiction services. With the Humana Foundation's support, DBSA is now able to help shape, sustain, and grow the field, which will improve health care outcomes, reduce health care costs, and provide employment opportunities for people with lived experience of mental health conditions."

Leading the Center's creation is DBSA Program Director, Mary Mischka Dean, who was integral to DBSA's role in training nearly 500 Veterans through a 2013-2014 contract with the U.S. Department of Veterans Affairs. Dean will lead a team that includes advisors and content contributors from throughout the field of peer support specialists.

Humana Foundation Executive Director, Virginia Kelly Judd, said of the grant to DBSA, "At the Humana Foundation we are committed to improving the health and well-being of the communities we serve. We are delighted to partner with DBSA and support their new Peer Leadership Center. The Center has potential to not only grow and promote an evidence-based practice within mental health care, but also to connect people with common backgrounds and experiences so they may enhance their well-being together."

The anticipated launch date of the DBSA Peer Leadership Center is October 30, 2015.



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The **Depression and Bipolar Support Alliance (DBSA)** is the leading patient-directed national organization focusing on depression and bipolar disorder. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information. DBSA supports research to promote more timely diagnosis, develop more effective and tolerable treatments and discover a cure. The organization works to ensure that people living with mood disorders are treated equitably. Assisted by a scientific advisory board comprised of the leading researchers and clinicians in the field of mood disorders, DBSA has more than 700 peer-run support groups across the country serving more than 53,000 people every year, and DBSA's educational materials, public programs, and media activities reach more than 3 million individuals each year. DBSA's mission is to improve the lives of people living with mood disorders. For more information, please visit www.DBSAAlliance.org or call (800) 826-3632.

About the Humana Foundation

The Humana Foundation was established in 1981 as the philanthropic arm of Humana Inc., one of the nation's leading health care companies. Located in Louisville, Ky., the site of Humana's corporate headquarters, the foundation funds nonprofit organizations and institutions that promote healthy behaviors, health education, and health access. For more information, visit www.HumanaFoundation.org.

Humana and the Humana Foundation are dedicated to Corporate Social Responsibility. Our goal is to ensure that every business decision we make reflects our commitment to improving the health and well-being of our members, our associates, the communities we serve, and our planet.